

The



Checklist

# The “I Can” Checklist

Use this checklist as a reminder of the important steps you can take to develop an “I Can” attitude. You’ll soon discover that you’ve become action-oriented, saying “I Can” instead of “I Can’t!”

## Combating Self-Doubt

- \_\_\_\_\_ Don't take criticism personally.
- \_\_\_\_\_ Find ways to improve your skills.
- \_\_\_\_\_ Think about past successes.
- \_\_\_\_\_ Break the problem or task into manageable pieces.
- \_\_\_\_\_ Delegate what you can.

## Changing The Negative Mindset

- \_\_\_\_\_ Avoid exposure to negative images.
- \_\_\_\_\_ Pull out your action plan and examine your goals.
- \_\_\_\_\_ Examine your strategy for achieving those goals.
- \_\_\_\_\_ Decide how to get what you're life is lacking.
- \_\_\_\_\_ Make new goals to get what you want.
- \_\_\_\_\_ Divide your goals into achievable steps.
- \_\_\_\_\_ Establish support groups and lean on them when necessary.

## Finding Your Positive Attitude

- \_\_\_\_\_ Be thankful.
- \_\_\_\_\_ Be flexible.
- \_\_\_\_\_ Journal your thoughts.
- \_\_\_\_\_ Use personal mantras or positive affirmations daily.